Amendments to the Claims

1. (Currently amended) An elastic member having exceptional release properties comprising a release layer, an elastic layer, and a base layer; said elastic member characterized in that:

the release layer is a fluororesin film;

the elastic layer is obtained by <u>loadingfilling</u> an elastic body into the pores of a porous fluororesin film; and

the release layer is the top-surfacemost layer and is in contact with the elastic layer.

- 2. (Currently amended) The elastic member according to as in claim 1, wherein the fluororesin film that constitutes the release layer and the porous fluororesin film that constitutes the elastic layer are bonded by thermal weldingbonding.
- 3. (Currently amended) The elastic member according to as in claim 1, wherein the fluororesin film that constitutes the release layer is a polytetrafluoroethylene film.
- 4. (Currently amended) The elastic member according to as in claim 3, wherein the polytetrafluoroethylene film is a porous polytetrafluoroethylene empressed densified body.
- 5. (Currently amended) The elastic member according to as in claim 1, wherein the porous fluororesin film that constitutes the above elastic layer is a porous polytetrafluoroethylene film.
- 6. (Currently amended) The elastic member according to as in claim 1, wherein the elastic body that constitutes the elastic layer is a silicone rubber.

- 7. (Currently amended) The elastic member according to as in claim 1, wherein the thickness of the release layer is 1 to 30 μ m.
- 8. (Currently amended) The elastic member according to as in claim 1, wherein the thickness of the elastic layer is 10 to 1000 μ m.
- 9. (Currently amended) The elastic member according to as in claim 1, wherein the base layer is composed of a metal or heat-resistant resin.
- 10. (Currently amended) The elastic <u>memberlayer according to as in</u> claim 1, wherein the above base layer is belt-shaped or roll-shaped.
- 11. (Currently amended) A toner fixing element, characterized by having the elastic member according to as in claim 1.
- 12. (Currently amended) A fixing device, characterized by having the toner fixing element according to as in claim 11.
- 13. (Currently amended) A method for <u>manufacturing producing</u> the elastic member according to as in claim 1, <u>comprising the following steps</u>, <u>wherein said method</u> for producing the elastic member characterized in that the fluororesin film that constitutes the release layer and the porous fluororesin film that constitutes the elastic layer are thermally <u>weldedbonded</u>, liquid silicone rubber is subsequently <u>filled loaded</u> into the pores of the porous fluororesin film from the porous fluororesin film side, and the silicone rubber is then crosslinked.